

PLUCKED FROM HEAVEN

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Swagger Coach



Plucked from the Heaven

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The year is 2018. I'm sitting in a barista drinking an iced latte sweetened with eight packets of zero calorie extract mixed with salty caramel MCTs (medium-chained triglycerides). I don't know if it was the brain-boosting power of MCTs, but I started to hear and see crystal clear.

I was relaxing on a couch when I heard a commotion. I looked towards the front door. A guy walked in the door before his woman, who was holding the door, without saying thank you as he continued to instigate an intense argument. They didn't even go to the register first to order; maybe they needed help deciding what to order, I thought. I left it alone because it didn't escalate further than a petty disagreement. As my eyes were panning back to acknowledge how good my drink was, I saw a young fella probably in his mid-twenties. In that same line of sight, I noticed a beautiful woman about the same age. They both were stylishly trendy, as if I was scrolling through an ad in my social media feed. They weren't together. I continued to sip my drink when I realized I was sitting next to two co-workers complaining about their relationships.

My drink was so good that I thought I deserved another.

As I walked up to order another drink, I took a peek at the two young people because I wondered what held their attention these days. You're not going to believe what I saw.

He was swiping left on a dating app, and she was laughing at memes that scoffed that there was no such thing as a good man. I mean, I ordered my drink and mixed in the ingredients to reach the perfect flavor profile, and he was still swiping, and she was still scoffing; WTF.





I got sort of dizzy as I started to pan the room and realized that there is a fundamental disconnect between men and women. I wondered where are these kid's parents? Are they married? Why the fuck did he walk through the door before her? Why the fuck did she bother holding the door for him? For Heaven's sake, dude stop swiping and look up; she's right in front of you. All you have to do is say Hi. Woman, if you don't close your laptop. Someone posted a meme that got three hundred gazillion views and is stopping you from seeing the one guy who might make reading those memes pointless because you can no longer relate.

You all don't realize that complaining about your significant other will only keep creating the circumstances and situations for you to keep complaining, causing this friendship to seem cheerful and, at some point, may be so positive you'll commit relationship suicide.

Maybe it's me. Perhaps I need an updated view of relationships. Maybe they need to understand their energy. It is, after all, the new buzzword. So buzzy that it's becoming white noise but has an actual application. Maybe I have these thoughts in my head that want to be expressed.





Could it be that I'm just tired. Tired of all the Baby Mommas with two and a half with no picket fence. I'm tired of seeing struggling relationships end just before they blossom because instead of having a plan A they had a plan B. I'm tired of seeing women buy Plan B. I'm tired of seeing mothers focus more on men than their kids. I'm tired of seeing men emphasize women more than their kids. I'm tired of seeing men come home to kids but mentally aren't there. I'm tired of hearing men mentally abuse women by telling them men aren't shit. I'm tired of hearing women mentally use women by telling them men aren't shit. I'm tired of women not realizing their true power. I'm tired of men not being taught to respect the power of women. I'm tired of seeing Angels Plucked From Heaven.

Aren't you?

Mentally I scream. In my head, I calm down. I thought Buda did it. Confucius did it. Malcolm did it. Angela did it. Fuck it; I'm about to do it. I roar.

EVERYONE. EVERYONE. GATHER AROUND.

I'm tired of seeing Angels Plucked From Heaven. Aren't you?

Listen up I have a story to tell.





HOLY GHOST

Before you can understand relationships you have to understand you. That is nothing new. But it's a difficult concept to put into practice. What is the first concept of you? YOU don't exist. That is until you do the math.

Father + Son + Holy Ghost = Holy Trinity

Why use the word "Father"? The writer of the Bible could have chosen "parent" and just as quickly have chosen "child," but the terms Father and Son were carefully selected. If "parent" had been chosen, that would have been the end of the story because "parent" could be a mother or father. The word could have been child versus son, which, again, you would be included because "child" would be either a girl or boy.

Let's take a step back and think about this logically. If you have a father and that father has a son, who is missing in the equation?

Who are the characters in the equation? So far, all we have are males. Males can't make babies, so where are the women? So where are you?

Even the way the Holy Trinity is stated puts you last, even after you broke the code. If you think of the Holy Trinity in this manner, it makes it plain to see who or what the Holy Ghost represents—the WOMAN.

If you knew that you were the Holy Ghost, how would you govern yourself? Would men govern themselves differently?





HOLY GHOST

To put it simply The “Holy Ghost” is above both the Father and the Son. The Trinity would not be Holy without the Ghost - WOMAN.

Let's re-write the equation and now see if it makes more sense.

Mother + Father + Child = Holy Trinity

The Holy Trinity loses its coveted status if the Mother or Father are not fulfilling their oath or doing what they are supposed to do.





BABY DRAMA

Ladies first. Hmmm, interesting. We say things but they get dismissed as a law and become what we're supposed to do or say because nobody gives the reason why. Holy Ghost, remember that's why.

Since she's first, her responsibility is the most crucial. She is responsible for creation. Yes, I said it, CREATION. Mother Nature. Mother Earth. Fairy Godmother. Creation. The Woman's task is to create via themselves or a vessel. To teach their daughters how to use their power to create and to teach their sons to respect their power.

A vessel, really?

She implants an idea within him, and he will do the work to expand and improve upon that idea. He didn't initially create the idea. That makes him a vessel. Speaking of "him," what is the Father's role? Is it simply to be a vessel?

This is where things get misconstrued. As a Father, your job is to protect and provide energy.

As a Father, your role is to protect and provide energy to the mother and your daughter. Your part is to teach your sons how to protect and provide energy. Don't you mean to provide food, shelter, and protection against predators? No, I said to protect and provide energy.

I lost you. You followed up until I said energy. That is because it changed over time. This is why relationships struggle today.





FIX IT - ASAP

I agree. But first, you are still getting to know yourselves. Energy is the new buzzword. You've heard it a thousand times before and it gets used in everyday language. It sounds sexy. #GoodVibesOnly, right? Right, but why?

Women have buckets, and men have nozzles. This concept relates to your capacity for energy and is the foundation of who you are. If you grasp this concept, you will adequately understand all relationships, romantic or otherwise.

We have been so sexualized in this world that when I mention bucket or nozzle, you quickly gather that I must be talking about sexual organs. Don't be so surface; think deeper. Always think deeper.

Ladies, first, remember. The Holy Ghost or Woman is what makes everything possible. Women are responsible for creation. Think Mother Nature, Mother Earth, or even about children.

Think of a bucket. In this bucket goes energy. Energy, when pooled, becomes power. This is how the creation process begins. Everything that we need or desire comes from this power.

Father's job is to protect and provide energy for the bucket using his nozzle.





GAS STATION

Think of it like a gas station. If you have a car when you pull up to the pump, you have to decide which fuel/energy type you want to fill your tank/bucket. You have regular.

Regular energy is energy that lacks love or confidence. It is primarily negative but can be indifferent. This is the most abundant form of energy in the world. There's a very high supply. Regular energy burns very slowly, so the supply is so high and cheap. Your car can drive for miles and miles on this form of energy.

Above regular, you have premium. Premium is your love or confidence energy. This energy burns much faster than regular energy. Its supply is low, but its demand is high.

Which is why it's expensive. Your car can drive for miles on this energy but will have to fill up often.

Above both regular and premium is super-octane. This energy should be the most expensive. When this energy is purchased on its own, it's costly, and you can only go a couple of miles with this type of energy. This energy is expensive because it has a unique feature. This form of energy combines with regular or premium energy to give it a supercharge. Super Octane burns energy quickly, reducing the energy in the bucket and leaving the nozzle empty. In most cases, you fall asleep and begin energetically with what Mother started you with, although the size of the nozzle remains the same.

It's all about confidence. Confidence is premium fuel; love energy. When you are born, your mother gives you enough premium energy to survive. Your environment will either burn up the premium energy and fill your bucket or nozzle with regular energy or multiply the premium energy. As the cliché goes, "It takes a village to raise a child."





TEACH*PROTECT*PROVIDE

I know that the gas station idea is just a metaphor for energy we really can't see. I would argue that we can't see it directly any more than we can see the wind, but we know it's there. The evidence of the wind isn't the wind itself but the trees, the grass, and your skin. The proof of your confidence manifests itself in the same manner. Confidence or energy is exchanged or transferred by your senses; taste, sight, touch, smell, and sound. The Holy Ghost pool this confidence together, and manifestation or creation will occur.

Fathers protect and provide for the bucket for manifestation to occur. The Father can manifest, but he must hack into manifestation. He has to concentrate and be so engaged in achieving his goal that he transmutes his sexual energy into focused energy like that of the Holy Ghost. His nozzle has first to be maxed out; then, the sexual energy has to be nonexistent. Have you ever gotten so focused on completing a project that you forgot to eat? Forgot you had a family. That level of investment will always result in a positive return on investment.

Let's understand how Fathers are to complete their tasks. To protect the bucket, Father must do two things:

1. BE THERE
2. Expand her bucket

Being there is self-explanatory. He has to be active in her life. The second item is just as crucial. The daughter's bucket can expand as long as it's filled with premium energy without sexual energy being introduced. That would mean the ideal scenario for her bucket to be expanded is by her father and when she's in her early adolescence.





TEACH*PROTECT*PROVIDE

Her bucket expanding is exemplified when you witness the confidence she has within herself that she can conquer the world.

It will take a man with a lot of energy to fill her bucket. That means she will likely not fall for the simple tricks to abuse her power. Romantic relationships will generally be okay for her. This is mainly achieved through sight and sound. The unconditional love that her father shows her should indicate when she found the right SON to take into the spirit realm.

If the Holy Ghost shall produce a son, Father is to teach him all that he knows. By doing this, he will give a foundation for which to protect and provide for the bucket. As with the daughter, it is crucial that he first must BE THERE. By teaching him all that he knows, he will have expanded his nozzle to that of his own. That means that Fathers. With Son's nozzle expanded as with the daughter, it will take a woman with a larger bucket for him to later marry.

Theoretically, this is all made possible through one main course of action - Mother and Father are married.





HOLY GHOST

Right now you see a woman. I maintain that marriage is more spiritual than we currently believe. Currently, it's one of those things that we do that no one understands because no one knows why.

Let's think and stop ignoring the symbolism. I don't believe in coincidences, meaning there is a reason for everything. We may not know the cause, but there is a reason.

You have a man who gets down on one knee, placing himself below the woman to whom he has to look up. What other time do we do that? When we pray or talk with God, right? Then we fast-forward sometime to the wedding day. The man and everyone in attendance are waiting for her arrival. Sounds familiar - a lot like God again, weird. I maintain that the bridal party represents her chariot ushering her in. They come in before she arrives.

Also, That would mean that she has not landed on Earth. All the Son sees while in the spiritual world is an Angelic white dress. Resembles a ghost.





HOLY GHOST UNVEILED

Her physical Father walks the Ghost down the aisle. The Son walks through the portal, wedding arch, to meet her and take her from her physical father. The Son walks through the wedding arch portal to meet her and take her from her physical father. The Son then takes her through the wedding arch by holding her hand. He can only remain in the spiritual world for a short time without her. The wedding arch is a portal from the physical to the spiritual world. He releases her hand. Her spiritual father then asks them to make promises or vows until he is satisfied that the union is just at which point her spiritual father gives permission for him to physically see her.

“You may now remove her veil and kiss your bride,” says the spiritual father. He then takes her back through the wedding arch; they jump over a broom and are revealed as Mr. and Mrs. Suchandsuch.

She is now appointed to him, and he to her. They are directly attached. He, with the assistance of her, can now manifest his dreams. He can now see the path to his greatness. To show proof of this the marriage fills her bucket with love energy, the same as her father with the bonus of sexual energy. Her bucket is now full. She shows how powerful she can be nine months later when she creates a child.

That is How I Married Your Mother, Theoretically...

OLD TESTAMENT

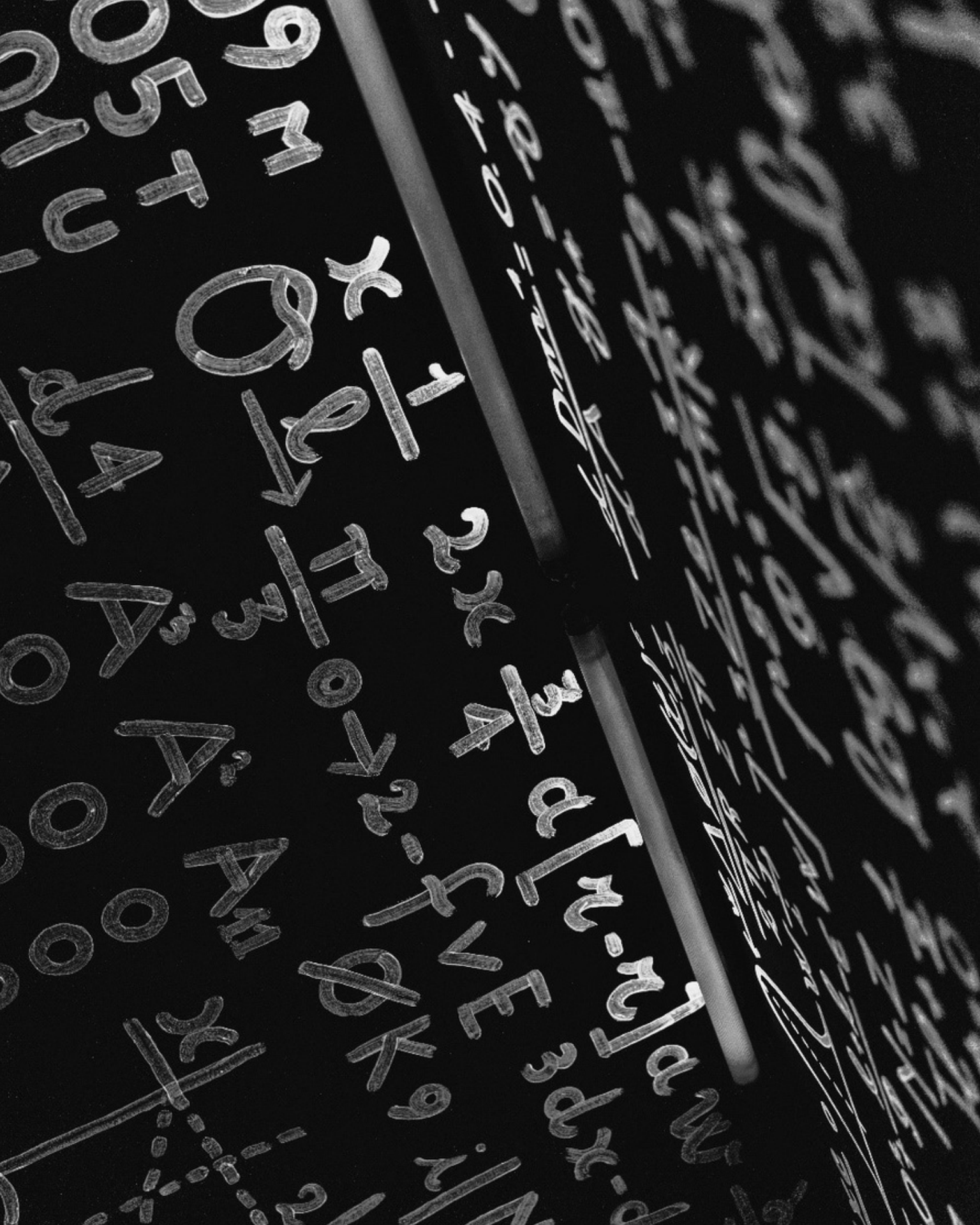




A NEW CONCEPT

The bucket or nozzle can only be filled to the max with the introduction of sexual energy. When either the bucket or nozzle is filled with regular or premium energy without sexual energy it expands. When it expands it keeps a very specific ratio.





A NEW CONCEPT

In the Old Testament that is the way things were designed to happen. In the New Testament we get to that same point however the path isn't exactly straight-forward. There are twists, turns, bumps and bruises. The spirituality of the Old Testament still applies. The Bucket and Nozzle still governs all relationships.

In the New Testament we will dive into the situations that make arriving at the portal a bit more difficult. First you must completely understand the Bucket and Nozzle.





THE BUCKET

The Bucket's energetic makeup is eighty percent regular or premium and twenty percent Super-Octane. Your thought patterns are dictated by your confidence. What does that mean? That means that all your thoughts get put into the bucket, and how those thoughts make you feel indicates confidence or a lack of.

Before I continue, I must let you know that you are perfect. The definition of perfect is the best that any particular thing can be. If there is only one of you, you are perfect. There is nothing wrong with owning that feeling. Knowing you are the best you can be will give you the confidence to do anything you desire in life.

You're perfect until you start to compare yourself to others. That means your thoughts of others in any realm will make them better than you. Which then fills your bucket with regular energy or energy that lacks confidence. If these thoughts continue, they will calcify or create a pebble in your bucket. If you let those thoughts stay in your bucket over time, they grow and become bricks in your bucket.

Pebbles, rocks, or bricks displace the energy in your bucket. The result is that it takes less energy to fill your bucket. Depending on the size of your bucket, the outcome can be rather dramatic. We will dive deeper into this later in this book.

With the energetic makeup of the bucket, the focus isn't on sexual energy. The bucket is regular or premium energy focused. That means when Super-Octane fills the bucket and burns off the regular or premium energy, sixty percent of that energy remains as a residual. That translates to if you had confidence going in, you would have confidence when it's done. On the flip side, if there were a lack of confidence going in, there would be a lack of confidence when the encounter was over. This holds all the thoughts that are in your bucket.



THE NOZZLE

The Nozzle's energetic makeup is twenty percent regular or premium and eighty percent Super-Octane. Your thought patterns are dictated by your confidence.

What does that mean? That means that all your thoughts get put into the nozzle, and how those thoughts make you feel indicates confidence or a lack of.

Before I continue I must let you know that you are perfect. The definition of perfect is the best that any particular thing can be. If there is only one of you, you would be the best you can be, making you perfect. There is nothing wrong with owning that feeling. Knowing you are the best will give you the confidence to do anything you desire.

You're perfect until you start to compare yourself to others. That means that your thoughts of others in any realm will make them better than you. Which then fills your nozzle with regular energy or energy that lacks confidence.

If these thoughts continue, they will calcify or create a rock in your bucket. If you let those thoughts stay in your bucket over time, they grow and become bricks in your nozzle.

Pebbles, rocks, or bricks displace the energy in your nozzle. The result is that it takes less energy to fill your nozzle. Depending on the size of your bucket, the outcome can be rather dramatic. We will dive deeper into this later in this book.

With the energetic makeup of the nozzle, the focus isn't on regular or premium energy. The nozzle is sexual energy focused. That means when Super-Octane fills the nozzle and burns off the regular or premium energy, there is nothing left in the tank, so to speak, as a residual. There is only baseline. The baseline is the confidence that the Holy Ghost gave you at birth. Regardless of the energy going in, you come out with confidence when it's done.



WORK TOGETHER

By now you are starting to see where the problems of today began to exist. Mothers have a huge responsibility. They are responsible for all creation! Father's job is just as crucial as he is responsible for the creation thriving. Father's primary role is to expand the bucket and the nozzle. This he has forgotten or was never taught.

This is a simple concept to grasp. Your thoughts drive your intention. Your thoughts about whatever you are giving your attention to determine what you are either filling that thing up with or are being filled with. This all relates to you. You are one hundred percent responsible for how you feel about what goes in and what comes out. If someone says something that makes you feel less than. It's not what they said. It's about how you feel about yourself. This relates to everything in your environment.

If you have a bucket, this can be problematic because, in the beginning, it is a pebble that can calcify, meaning it will be attached to your bucket. No big deal; it's a pebble in a bucket. This pebble will make you feel less confident if that thought becomes a brick in your bucket. This displaces the amount of energy required to fill your bucket.

If you have a nozzle, this can be problematic because, in the beginning, it is a pebble that can calcify, meaning it will be attached to your nozzle. This is a big deal; it's a pebble in a nozzle! This pebble will make you feel less than confident if that is thought up as a brick in your nozzle. This displaces the amount of energy required to fill your nozzle. You don't have much room in the nozzle to handle a pebble, let alone a brick. The results can be catastrophic because this pebble that displaces the energy means you quickly move into sexual energy.





WORK TOGETHER

Nozzles release energy at a much faster rate because its Super-Octane focused. Buckets receive at a much faster rate because it's Regular or Premium energy focused.

Therefore, if a man is feeling less than - a Ghost can change that with a look, a word or a touch. If a Ghost is feeling less than it takes Premium without Super-Octane to fix it.

You have the power to determine how you feel about any particular thing. Which means you and only you have the power to remove the pebbles, rocks or bricks. Confirmation just makes it happen faster.





MAX OUT

Every one of us wants to be the best at which we love. We want to be filled with love, constantly. What is love to you? What do you love? When you figure that out, you will have the key to life and be able to open the portal where all your wants and needs will be satisfied. With this in mind, we all go on a quest to find such a place.

When you get lost following the wrong path, it becomes easy to play the blame game. What point does that serve? It doesn't get us to our destination faster. Let's think about the idea of the destination.

You are on a path to greatness. Greatness for everyone is different and is defined by you. You can only define it for yourself. Anyone other than you can only help or hinder you from getting there. Getting there?

Where?





YOUR COURSE

In the beginning we discussed that the Holy Ghost created you. You could be either sex. You could be a Ghost or a Son (Girl or a Boy). Fathers' job is to build your confidence by expanding your bucket or nozzle. Ghosts have buckets. Sons have nozzles. The inference of the Holy Ghost means that your parents were married. In today's society, there are way more Ghosts and Men than Holy Ghosts and Fathers. How will your course get affected if either one is missing? In To understand how the Holy Ghost and Father affect your path, you must understand their roles in getting you to your destination.

Holy Ghost

The Holy Ghost is responsible for creation. The Holy Ghost is to teach their daughters how to use their power to create and to teach their sons to respect their power to create. Creation also includes your path when she directs her energy. When a Holy Ghost directs its energy, it produces light. This light shows you the way. She can do this via an implanted idea or directly telling you, as most of our mothers tend to do. If she is not there, your path is dark. This light she has as a Ghost (girl); however, the skill of directing it has to be taught.

Most of you believe that you can survive without the light. You can. It makes getting to and on the right path much more difficult. In this capacity, the Holy Ghost serves as an advisor.

Who do you pray to again?





YOUR COURSE

Father

The Father is responsible for teaching, protecting and providing. He is tasked with expanding the Ghosts bucket and Son's nozzle. He does this via confidence, premium energy, or love. Confidence, premium energy, and love are all synonymous. He gives you the confidence that you can do anything. That means he gives you the confidence to know that you will eventually find your path. He will teach and give you the confidence to fend off Zombies.

Most of you already know that surviving without Father is excruciating. You have to learn and gain confidence via on-the-job training. You can easily get bitten by a Zombie and thus become one. So you will search high, low, far, and wide for the Father to teach you. When he teaches, you will until you find your path. You desperately want to avoid the fate of becoming a Zombie. This is where society can go wrong.

A Ghost without Father is seeking the approval of men. A Son without Father is seeking the approval of men. That means that without Father, everyone is seeking the approval of men. To avoid the Zombies, you must have a solid Ghost to show you the way or another Father willing to step in to teach, protect and provide.

When Ghosts seek the approval of men, they direct their light everywhere. That means they can't focus on the right path, making them lost. A Son seeking the approval of men means he falls victim to or becomes a slave of whomever he believes is teaching and protecting him.





YOUR COURSE

You find safety in what feels familiar to you. As a Ghost or Son without Father, you follow the light of your Ghost/mother. I alluded to this earlier. Her light is being directed everywhere unless she is a strong Ghost. Which means she can't focus on the right path and you, of course, follow in her footsteps because that's familiar-safe. When you become confident with anything that thing becomes familiar-safe. This can lend itself to multiple sexual partners, gangs or what's trending basically Zombies. These are all things that can create an intercourse. That means a course or path between two people, places or things.

Intercourse?

That sounds familiar huh?





YOUR COURSE

We're all grown here so let's get down to business. You don't have sex. The word "sex" is short for sexual intercourse which is the technique used in the creation of a Ghost or Son (girl or boy). In this instance, it's the result. It's neither the action nor the path. However, intercourse involves both the action and the path. The sheer thought of sex moves you directly to the end by passing the path. This is a play on words that result in the Ghost never becoming Holy. She's been Plucked Out of Heaven. The only way for men to stay in the spirit realm is to hold her hand.

Intercourse means the course that connects things, in this case, the two of you. That means the course that you were on could be forever changed. Sexual Intercourse is the course that connects things via sexual energy.

I carefully chose the word "possibly" because although you're not married at this point, you could have been moving in that direction, so the creation would have sped that up by- passing the path. If there is no creation, the energy is burned up.

Sexual Intercourse is simply the technique used in creation; it's not the most crucial part. You have to think. Intercourse, if the Son has a lot of energy, it may last an hour. Good luck with that one. Let's say it lasts an hour which means there are twenty-three hours left in the day to think about and do something else.

What's the point? It's not about Sexual Intercourse. It's about how you got to that point. It's about how you will move forward.





FASHION

How did what you put on your body become first on the path to marriage? Ever since we started wearing clothing what you wore has been important. Some would say it's a key driver of your class. In today's society, the line gets blurry if you only focus on the clothing. If you wear high-end clothing, you could make the argument that they would be in the upper class, or at least that's how you view them. Clothing serves a much bigger purpose.

Clothing is designed to express your authentic energy, your glow. The only reason you think high-end clothing means the upper class is because that is what you were taught. Before I understood fashion, I thought the same thing.

There are two forms of energy, mental and physical. This is different from types which there are three. For the sake of the argument, let's call it mental cash and physical cash. Mental cash is all the energy you put into something without a physical representation. The act of thinking or giving something your attention. Physical cash is all the energy you put into something with a physical/tangible representation. Actual cash or jewels would work best and will serve as a reference throughout the rest of the book.





FASHION

When you see high-end clothing you see the energy behind the clothing, physical cash. If XYZ Brand shirt costs two thousand dollars it's not so much the brand you see but the two thousand dollars. That means that anyone wearing those clothes has had at least two thousand dollars to spend on clothes. Since you know they have to eat; you can assume they had more than two thousand dollars. All that translates to them having a lot of physical energy or cash. Maybe it's true, but maybe it's not. The only reason you care is that you are seeking the approval of men.

This creates an exceptional glow for you instead of you seeing them for the energy they possess. You then become focused on the shiny things they have and aspire to be them. The amount of glow they possess to you means they have maxed-out confidence. Their nozzle is huge and full; everyone desires that.

You see the result and then embark on a path to reach that destination. However, that destination is their destination, not your own. They are seeking the approval of men.





FASHION

With all of that being said there are three steps you need to master in order to be viewed in the same light at any given point.

To be confident, you need to be confident. That means if you wear high-end clothing, you would appear that confident because you're basing your confidence on the high-end clothing; therefore, you are that confident.

You have to realize that everything is energy. Anytime there is energy that brings you confidence without introducing super-octane, expands your bucket or nozzle. If that which once gave you confidence and expanded your bucket or nozzle gets taken away, you can end up spiraling into depression, or at a minimum, a brick will be placed in your bucket or nozzle. In that vein of thought, you become a slave to that brick, trying desperately to remove it by gaining confidence. Hence, you repeat the action repeatedly, maintaining the brick instead of removing it. By now, you should realize that gaining confidence in yourself is the only way to remove any brick.

Step 1: Closet Analyzation

Step 2: Develop an Actionable Gameplan

Step 3: Target Analyzation





STEP 1

Look in your closet and your chest of drawers and you're going to notice a theme. You may have never realized this before because you never thought of it this way; you wear twenty percent of your clothes eighty percent of the time.

Isn't that amazing?

Another thing that you may have never thought about is that the clothes you wear are a uniform. How does that work, eighty percent of the time, I'm "off duty" but at work. Yep. If the uniform you wear twenty percent of the time doesn't match your chosen career path, you won't be happy at work.

Therefore it's going to be work as opposed to fun. The twenty percent of clothes that you wear eighty percent of the time (your uniform) makes up the times when you're the most confident.

You're probably confused, and rightfully so, because you just received new information that blew your mind. Think of it like work clothes (work) and play clothes (fun). Work clothes you wear eighty percent of the time, and play clothes you wear twenty.

Your closet is made up of mostly play clothes that you never get to wear. You're happy at work when the split is close to even. You go to work all day, and as soon as you come home, you wear a pair of sweats, shorts, or nothing. Then you come back out, grab a brew or glass of wine, and chill.

Whatever you do for fun, I guarantee that's what you put on after you get home from work. I can almost ensure that whatever you're doing for fun, in some form or fashion, relates to your childhood.



STEP 1 - CLOSET ANALYZATION

Whatever you're doing figure out a way to MONETIZE that shit!
Jumping too far ahead but keep that in mind.

Let's analyze your play clothes.

What types of socks were there? Split those into two categories, work clothes and play clothes as well. Did your play socks have some design, or were they white socks? Were they tall socks or ankle socks? Please take note of this, and move on.

What types of undergarments do you wear? Split those into the two categories, work clothes, and play clothes as well.

Were your underwear boxers, briefs, or boxer briefs? Were they panties, boy shorts, briefs, or thongs? Did they have a design? Please take note of this and move on.

What types of bottoms do you wear? Split those into two categories, work clothes and play clothes as well. Are they pants, skirts, jeans, sweats, or leggings? Did they have a design? Please take note of this and move on.

What types of tops do you wear? Split those into two categories, work clothes and play clothes as well. Are they shirts, t-shirts, blouses, sweatshirts, etc.?

Do you wear dresses or suits as work clothes, play clothes, or both? Split those into two categories, work clothes and play clothes as well. Are they dark or light?





CLOSET ANALYZATION

What types of outerwear do you wear? Split those into the two categories, work clothes and play clothes as well. Are they jackets, coats or hoodies? Do they have a design or are they plain? Are they light or dark? Light or thick?

What about accessories? Split those into the two categories, work clothes and play clothes as well. Are they big or small?

Hoops or pearls? Rings or bracelets? Watch, SmartWatch or rubber bands?

You cannot forget the shoes. Split those into the two categories, work shoes and play shoes. You can segregate the shoes into even more groups of going out shoes, gym shoes, hoop shoes, etc.

After you get your closet sorted out move on to step two.





STEP 2

In step one you learned what your personal style is. You now have an understanding of your true glow and what makes you feel uber confident. This is what you want. You want your bucket or nozzle to be as big as possible. You deserve the best; to attract the best, you have to have the best glow. When you're out and about, people are attracted to your outer glow first. It's what everyone has been trained to recognize first.

Have you ever met someone that you initially thought was ugly? Then as time passes on, you start to see them a bit differently. You thought they were ugly because of their outer glow, but then you got to know them energetically and realized their attractiveness. You could argue that you recognized a gem amongst the rocks but had to investigate to confirm what you already knew.

There is a specific formula for getting dressed each day. If you follow this simple yet effective formula, everyone will be amazed at your enormous glow. This works regardless of weight or height.

When you put on the items from your personal style, a theme generally emerges, even if that theme can only be defined by you. The question that is begging for an answer is how does it fit? Are your pants too tight? Is your skirt too short? Is the shirt too big?

These questions give major clues and are chief indicators of whether your style is maxed out. You have to remember that what you wear and how you wear it indicates your bucket or nozzle size. If you have been paying attention, there has been relatively no attention given to the cost of your style because it's not the pieces that create the look. It's the theme. It's about how well your pieces work together.



STEP 2 - THE GAMEPLAN

Think of each item of clothing as a specific team on the football field. Sorry Ghosts you're going to have to pay attention.

Tops = Offense

Bottoms = Defense

Shoes/Socks = Special Teams

Accessories = Coaching Staff

In any football game it gets started with a kickoff, which means that Special Teams start the game whether you're receiving the ball or defending your endzone.

We live in a world of uber careful introverts, with little to no social skill frightened by the very thought of being spoken to and at the same time seduced by the idea that someone may actually acknowledge their presence.

People these days are deep in thought and don't want their internal monologue interrupted with petty chatter, so they walk with their head down.

This archetype makes up the majority of your city walkers. This type of person is so smart and analytical that they recognize patterns and can determine, amongst other things, threat levels based on shoes. Nothing will make them look up faster than a nice pair of kicks.





STEP 2 - THE GAMEPLAN

Shoes and socks are considered together because they serve the same purpose. Socks should not match your shoes! Well, if they do fine but they are designed to keep the outfit intact when shoes are impolite.

If you have a bucket, you'll be on offense first. Conversely, if you have a nozzle, then you'll be on defense first. That means that your gender will determine what gets seen after they realize you have on a nice pair of shoes.

Offense scores touchdowns, and the defense protects the endzone. Do I make myself clear? You can't very well protect your endzone if your bottoms are inappropriate for the situation. Situations are plays. We will get more into that in the next section. Your accessories are the Coaching Staff. You don't have to have them to play the game, but having them makes running plays easier.

Remember when I said, "when you're confident in something, something becomes familiar - safe." In my formula, we take advantage of that idea. Take your play clothes and segregate them based on masculine and feminine. If you're unsure, think of it this way, if there's a design, put it in the feminine category.





STEP 2 - THE GAMEPLAN

Every person that considers themselves a stylish elite do this whether they are conscious of it or not; they mix masculine and feminine energy. This makes you appear familiar - safe to everyone. This will instantly boost your perceived style IQ. Some women wear jeans with heels. Some men wear designer socks or monk strap loafers. The most important part is that they have to work together, complement each other as a team.

You know your personal style. You know how to style or put together your personal style. How do you choose what to wear? That brings us to Step Three.





STEP 3

In step three we're going to analyze our target or opponent. The idea is that just like your clothes, you have a personal style. Is this your type because it's the type you like, the type that likes you, or someone else's type? In most cases, you developed your type based on someone else's type or the type that likes you. Again, you're seeking the approval of men. Since you have a type, let's focus on that.

This is where this philosophy on fashion differs from 99% of the world. What is it, you ask? Men are seeking the approval of other men, so they try to dress like them or impress them with their fashion. Many women get dressed, seeking the attention of men. How do you know what impresses men?

You look to your crew and see which among you attracts the most attention from men; then, you try to dress like her. You do this regardless of her weight or height. This is the truth about trends and how they work. Instead of looking at your friends, you may look at celebrities as if it is something different.

The outcome of both of these scenarios is that you are gaining the attention of your friends. They already know your inner glow. Therefore, it can jade their opinion of your outer glow. Because of this intricate fact, they might not be advising you properly when it comes to your fashion. What am I suggesting? You should follow this next technique when thinking about what to wear. Don't think about what your friends like think about what your target likes, and then be one-off. What does that even mean?





STEP 3 - TARGET LOCKED

Let's split the city where you live into two parts, Uptown and Downtown. In Uptown the men wear tailored suits, polo or button up shirts and chinos with loafers. The women in Uptown wear lace, flares, slips, sheath or maxi dresses with stilettos or pumps. Downtown is the opposite. The men wear jeans, t-shirts, polo or button-up shirts, jerseys, and sweat suits with sneakers like J's. The women Downtown wear leggings, sweats, jeans, and leather, t-shirts with Stilettos, sneakers or boots. This is generalizing but it simplifies the explanation. You can use all of this data to determine what a girl or guy likes.

Unless she's a sneakerhead she won't know what Jordan's you have on. He couldn't pick out the many variations of Stilettos to figure out how much you paid for them. That means if you think you're getting an advantage because of what you're spending, you're not. The only one who knows or is concerned with what you're spending is your friends. But what they purchase tells a lot. Remember, I told you that people generally gain confidence once something is familiar-safe. Whom they hang out with and where they hang out gives the clues to how you should get dressed if you want to impress.

That gem is the real clue.





STEP 3 - TARGET LOCKED

We'll call her Evelyn. Evelyn likes to hangout Uptown. After work she hangs around and enjoys a glass of Chardonnay or maybe even a Martini in Uptown. Evelyn is single and ready to mingle. Why do you think she's single in Uptown? It's because she no longer sees the men in Uptown. They appear to her like that scene in The Matrix when Neo is learning and walking down the street with Morpheus, and he sees nothing but black suits. He maneuvers seamlessly, through the crowd, without as much thought as to the fact that someone may run into him.

Evelyn is confident when she's in Uptown. Evelyn's world would shake up if she went Downtown. Evelyn continues to hang in Uptown because she's not only confident in the scene, but she's around familiar-safe men. What does this mean to you? The men she feels comfortable around wear tailored suits, polo or button-up shirts, and chinos with loafers. So you take the style we've already addressed and tweak it.

You can do this in one of two ways. You can Guerilla Pimp. This means you shock everyone awake when your style is entirely different from, in this case, Uptown. This will put the men and women on alert that you're there. Be aware that this will wake the Zombies. You must also know that your nozzle must be maxed out when taking this approach. This is you wearing a sweatsuit to a location where everyone is wearing chinos and loafers. You're the opposite of what is acceptable or normal for that scene. This approach is referred to as Guerilla Pimp because when you show up in this manner, there is an immediate need for the men of that location to show who's Alpha. The men in that location have gained confidence, too, because it's familiar – safe. Anything that questions that has to be dealt with by the most Alpha. You have to know that going in or it won't be good.





STEP 3 - TARGET LOCKED

The second approach is the Smooth Operator approach. Generally what you find is that you like Evelyn because she's familiar – safe. The second approach is the Smooth Operator approach. Generally, you like Evelyn because she's familiar – safe but unobtainable for you now. That means she probably grew up in or around your neighborhood. You live in Uptown, and thus you dress Uptown. Because of this, you can't get her to notice you. All you have to do to master this approach is to do one thing differently. If everybody wears polo shirts, you wear a T-shirt. If everyone is wearing chinos, you wear denim. If everyone is wearing loafers, you wear sneakers; you get the point.

How does this approach work?

If you go to any restaurant, you will notice that all employees wear a specific uniform. If you go to any retail business, all employees will wear a specific uniform. When you canvas the military, you notice that all the infantry wears a specific uniform. If you now look at the managers of the restaurant or retail business, you can't help but realize that you see the same standard as a captain in the military; they all dress differently from the masses.

The overarching theme is that the one dressed differently is the leader. The one willing to stand out from the crowd and deal with the Zombies is generally most Alpha. When you take this approach, you will receive some flak from the guys, but Evelyn will then notice you. It's subtle enough for the men not to perceive you as a threat and also subtle enough for you to remain familiar-safe, leaving Evelyn's confidence intact and, at the same time, shocking her awake. There's one thing left that you have to do, say Hi!





STEP 3 - TARGET LOCKED

A Ghost without Father is seeking approval of men. A Son without Father is seeking approval of men. That means that without Father everyone is seeking the approval of men. This creates a unique situation. Part of the situation is that for a man to become a Father, he must find a Ghost, and through marriage, she becomes Holy. This can be confusing. As a Ghost without Father, you're seeking the approval of men, and at the same time, the Son is seeking the approval of men, but his instinct is to find a Ghost. He can't move into the spiritual realm without the Ghost's guidance; he must hold her hand. So for, the Son, he has a two-fold problem. He is seeking the approval of both the Ghost and men. Who wins in most cases? Men, not the Ghost. In most cases, he doesn't know her true power, and he wants to be confident and feel safe. This means the Ghosts on his course have been plucked from heaven.

As a Ghost, you have to know that all men want to be in the spiritual realm, Heaven. If you knew that, then you would never fight for the attention of men; the attention of men will come. When the men approach, if you take them to the spirit realm or not is up to you. In order to properly go from Ghost to Holy Ghost and from Son to Father, you have to have a maxed-out bucket and nozzle. The only way to get a maxed out bucket or nozzle is through time without sexual energy.





STEP 3 - TARGET LOCKED

Through the passage of time, you can bypass the outer glow to see who they truly are energetically. Then you can properly assess whether he is worthy or not. If you want to be selective over who are fighting for your attention then you have to position yourself accordingly. You have to know going in that you may be seeking the attention of men and that's why you want to position yourself in that location. However, the same exact rules apply for Ghosts as for Sons.

You have already read what the necessary steps are in order to position yourself to be approached. In step three you learned how to take a targeted approach to show your glow.

By now you understand that if Ghosts are seeking the attention of Sons and Sons are seeking the attention of Ghosts then there is always going to be a disconnect. Instead of continuing this never- ending cycle, that keeps you both out of the spirit realm, you both need to understand how you affect each other. Through the passage of time, you can bypass the outer glow to see who they truly are energetically. The passage of time allows you to see who anyone is energetically whether the relationship is romantic or not.





RELATIONSHIP - PLATONIC

Generally speaking relationships have two forms Platonic and Romantic. A platonic relationship is those relationships that lack sexual or super-octane energy. This is not considered when fighting. Sexual or super-octane energy is used in the art of fisticuffs, whether arguing, wrestling, or fist fighting. We re-introduce the bucket and nozzle concept to understand the platonic relationship better.

The Bucket's energetic makeup is eighty percent regular or premium and twenty percent Super-Octane. With the energetic makeup of the bucket, the focus isn't on sexual energy. The bucket is regular or premium energy focused. That means when Super-Octane fills the bucket and burns off the regular or premium energy, sixty percent of that energy remains as a residual.

The Nozzle's energetic makeup is twenty percent regular or premium and eighty percent Super-Octane. With the energetic makeup of the nozzle, the focus isn't on regular or premium energy. The nozzle is sexual energy focused. That means when Super-Octane fills the nozzle and burns off the regular or premium energy, there is nothing left in the tank, so to speak, as a residual. There is only a baseline. A baseline is a confidence that the Holy Ghost gave you at birth. Your confidence dictates your thought patterns.

What does that mean?

That means that all your thoughts get put into the bucket or nozzle, and how those thoughts make you feel indicates confidence or lack thereof. A bucket or nozzle can expand as long as it's filled with regular or premium energy without sexual energy being introduced. Regular is negative. Premium is love. Super- Octane is sexual.



RELATIONSHIP - PLATONIC

When any relationship is being established platonic or romantic the two of you are equal. The Scales of Justice are balanced. It doesn't matter initially the energetic makeup of the relationship.

Same-Sex Friends

Same-sex friends can boost your self-esteem. This can present a problem if the boost isn't reciprocated. You've been promoted. You got a better job or maybe lost some weight. This event can cause an increase in the size of your bucket or nozzle. The scales of justice are tipped in your favor.

In case you don't know the scales of justice, imagine that you and your friend are the same height. Because you're the same height, you see each other eye to eye. When you get promoted, you gradually grow taller than your friend. Your friend can't see past you, but you can see past them. As a result of being able to see past them, you see other people or circles that might match better with your goals and aspirations. This gives the impression that you have "changed" or think you're too good. You are if your friends decide to remain the same. You see this a lot when you go from being single to married. You become Holy or a Father, and doing the same things no longer appeals to you.

However, if they are genuinely your friend, it's your job to promote or teach them to be promoted. Being promoted is simply a matter of confidence. Don't let your friends think you got to where you are by luck; there is no such thing. Teach them. Your mindset can't be that of your old level, or you will go back to that old level. Your friends can benefit from this because you don't have to teach them. You have to talk to them, or if they are looking for clues to get promoted, they should be able to quickly pick up on the gems you are dropping even if you don't realize you are dropping them. Success always leaves footprints.



RELATIONSHIP - PLATONIC

Never forget where you came from. You never know how happy you can be until you are that happy. Please keep in mind what was stated earlier; anytime there is energy that brings you confidence without introducing super-octane expands your bucket or nozzle. If that which once gave you confidence and expanded your bucket or nozzle gets taken away you can end up spiraling into depression or at a minimum a brick will be placed in your bucket or nozzle.

Loyalty. Loyalty. Loyalty. If you cultivate confidence you will reap loyalty. This is vitally important because your confidence may come on the back of your friends. Remaining loyal is how you pay them back. You remaining loyal will expand their bucket or nozzle. If the reason you're able to see past them is that they held you up when you lose them you will quickly fall. This same problem often manifests itself in romantic relationships as well.





RELATIONSHIP - PLATONIC

Opposite-sex friends

Contrary to popular belief, there is no such thing. Picture this - You meet a guy and you think the world of him. He's around when you're up and when you're down. He's your shoulder to cry on. His house is your haven. His arms protect you. He listens attentively to all of your gripes about the world. You, for some reason, placed him in the friendship zone. Instead of you giving him the title of boyfriend or husband, he's relegated to bestie.

Does that sound familiar?

This girl or guy is trying to show you that they're the one for you because they aren't confident enough to tell you. They hook you up with other people. He's a good guy. Here's a good one; she's a good girl. Have you ever heard those words before?

Who's lips vibrated to generate the sounds that, when translated, equated to those statements? Chances are it was your "best friend" as they were introducing the two of you.

They have way too many pictures of you. Remember those carnival nights when the temperature was about a cool eighty-eight? You're having the time of your life. You know these are the making of memories that will last a lifetime.

Then you're feeling nostalgic at your "friend's" house one day, so you pull out those moments. Your senses are aroused as though the images are live.





RELATIONSHIP - PLATONIC

Something interesting is happening. You start to notice a recurring theme hidden deep within each pixel. Ignore your thoughts. Keep looking at the pictures. It's like watching a train about to wreck, you can't look away. Can't shake the thought.

This thought could make things extremely awkward. It could ruin the relationship.

But you have suffered so many failed relationships and they have been there the entire time.

Could it work?

Nah I'm losing it, you think to yourself.

There has to be a way to see if they're thinking the same thing. You gather all the courage you can muster. Ignore that feeling in your gut. Settle your breathing that's racing like Dale in a Nascar race.

Your lips utter the words, "why haven't we dated".

Their response shocks you. They react as though the door to the pearly gates have been opened and they are being welcomed by God herself.

They play it cool and say "I don't know, it could work". That leads to a bunch of follow-up comments confirming how perfect the two of you have been for each other. You both are painting and believing the beautiful dream.





RELATIONSHIP - PLATONIC

You guys go out for your first official date. The two of you have been to this spot a thousand times. It's your spot. You share extremely passionate emotions that night. In the morning, everything appears to be all good.

Your first argument and a situation from the past get thrown in your face. You quickly realize that you experienced that incident with someone else. To make things worse, they're throwing it in your face as if it were them, but instead, it was with someone they hooked you up with.

Those pictures in which you were the focal point are now creepy. Your mind re-images everything you thought was nostalgic.

The lens gets wider.

You recognize all the moments and comments with something slightly off-color.

You think about every failed relationship and how they were always there to comfort you.

They always had exactly what you needed when you needed it. You wonder how they knew. Boom, you wake up and learn all those relationships ended or started because of them.

They punished you for not recognizing them in the first place. How could you not see?





RELATIONSHIP - PLATONIC

You're perfect for each other. If you do not see this as a term of endearment it will ruin the relationship, friendship or whatever it is what you believe you have. It will cause severe trust issues because the vale was kept up for so many years. That person should be your best friend and continue to be your best friend after your spiritual father at your elaborate wedding has named you'll husband and wife.

Fantastic Story – What's the point?

No one ever walks up to anyone and says, "Hey, you're going to be my bestie." What attracted the two of you together in the first place? It doesn't matter if it was school, work, drink, or a cool outfit. The two of you not only found each other, but you continued to stay with each other.

What is really going on?

A bucket or nozzle is getting filled and expanded because no super-octane or sexual energy is being utilized. If it was, that energy would have overwhelmed you and could not be ignored.

That means the relationship is more than sexual. Because of this, each failed relationship isn't as impactful as it usually would be, or the desire to fix it isn't there because you have a backup plan.

You might not realize it, but those relationships fail because intercourse bypasses the path. You might have noticed the person consistently filling your bucket or nozzle and who should have been worthy of being in your life forever. But you didn't. They fill your bucket or nozzle, making it easier for the next person to get you to the point of sexual or super-octane energy.



RELATIONSHIP - PLATONIC

In the story there were a couple of themes that you should have noticed. One is being seen or noticed. Remember the story about Neo, The Matrix, and the red dress? It was all about being noticed. Your “bestie” has been so consistent in your life you don’t even see them anymore. To you, they have a job to do and they do it well.

What is that job?

Make you feel loved. Where is your Father at? The second theme is the idea of dating. The idea that you could go from a chance meeting to besties to dating.

Dating

Dating refers to the idea that you are going to schedule times to meet and be out together in public. Yes, we’re talking about dinner, a movie, dancing or all three. That is not the same thing as courting. Courting is the idea that you fill up and expand their bucket or nozzle with love without sexual energy. If everything goes as expected then you go back to the “Old Testament” where you go from being the Ghost and Son to Holy Ghost and Father.

There is one distinct difference in dating versus courting, the use of cash. When you’re dating physical cash is being exchanged for mental cash. When you’re courting you’re exchanging mental cash for mental cash. Time is not physical it is mental. Time spent is mental cash being spent, especially because with each passing moment you’re thinking. With courting instead of sexual intercourse you’re engaging in verbal discourse.





RELATIONSHIP - PLATONIC

Think of verbal discourse as a sport that is played on a court like basketball or tennis. When she is talking the ball is in her court and vice versa. When played right, this game is fun because it's a mental challenge. This is where having a game comes from. In today's relationship landscape, most would rather date.

When you read books like *The Millionaire Mindset* by T. Harv Eker, you learn that speeding things along by paying for a service to do what you either least like to do or aren't good at leaves you time to spend with family and doing the things you do love to do. Instead of courting you, follow the same logic, and throw money at it.

Mental cash is all the energy you put into something without a physical representation—the act of thinking or giving something your attention. Physical cash is all the energy you put into something with a physical representation, like actual cash or jewels. This displaces the energy in the bucket or nozzle. If a man takes you on a date, he is spending physical cash. If that man cooks for you, he is spending mental cash. Because this energy fills up your bucket or nozzle, it can be easily misconstrued as something it is not. (SMH)

If your bucket gets filled because a handsome gent wants to buy you a drink, I think you'll need to analyze the size of your bucket. The reason is that if your bucket is eighty percent love energy and he filled that with a drink and a smile, you either have a tiny bucket meaning low self-esteem, or a giant brick. The idea of spending physical cash to make up for the lack of mental cash should be seen for what it is rather than what it could be. His small nozzle will manifest itself in other areas of the relationship.





RELATIONSHIP - ROMANTIC

However, the end result should be the same - getting to know each other without sexual energy being introduced regardless of how many dates you go on or how long courting takes place. The punishment for not getting to know him is being Plucked from Heaven. If you do that's how romantic relationships are formed. Courting is a like romance novel that you read while on the beach during golden hour.

A Romantic relationship should be synonymous with marriage but this day in age it has become another name for boyfriend and girlfriend. Obviously, we're still talking about friends but let's engage in some good ole' fashion verbal discourse about romantic relationships.

Romantic Relationships

The idea of romance characterizes romantic relationships. Romance, according to Webster, means not realistic or impractical. When you combine that with a relationship, it only makes things worse. Let's break down the word relationship.

Relate is the root word, meaning a casual connection between two or more things. The suffix "ion" means the act of or action. Then you add the suffix "ship," meaning state or condition of. Relationship translates to the state or condition of being actively casually connected.

A romantic relationship translates to a not realistic or impractical state or condition of being actively casually connected. In laments terms, they don't work. Why? It's because of the "romantic" part. You can connect anything to anything, but when you add "romantic," the expectations become unrealistic or impractical. What has happened as a result? The romantic part has become antiquated, meaning somewhere along the line, it became old and died.



RELATIONSHIP - ROMANTIC

What has been the butterfly effect of removing the romantic from relationships? Note your experience in today's relationship landscape. Everything is sped up. Think about it. You went from having to spend time courting. Which meant long walks on the beach, sitting on a playground bench, or picnics in the park, and spending a ton of mental cash.

We speed courting up by dating. Dating means movies, dinner, and going to a bar, essentially spending physical cash. The dating landscape is now Netflix and chill.

Netflix and chill. Are you kidding me?

That means spending no cash and reaping all the benefits. Speeding up the relationship, the game has inevitably led Ghost to be **Plucked from Heaven**.

The relationship path should be platonic, then romantic, and finally end at intimacy. The romantic has been removed from the path. Intercourse bypasses the path. When you get lost, you need help figuring out your way. The best way to figure out your way is that the Holy Ghost sheds light on the proper path, and the Father shows you that it will be ok and remove the pebble before it forms a brick. If there is no Holy Ghost, you won't be able to see, and if there is no Father won't have confidence.

That cycle will keep you in a constant feedback loop until you figure out the path. Once you figure out the way, the Son will fill and expand your bucket. A man can only do one of two things; fill your bucket or nozzle with pebbles and attempt to ensure they become bricks or keep you in perdition.



RELATIONSHIP - ROMANTIC

What came first the chicken or the egg? That's the same question as what comes first the relationship or the romance. The third millennium has proven difficult on the relationship ideology and has led to Ghosts being Plucked from Heaven. When you think about the natural order, the Son will court the Ghost. This is due to romance - an unrealistic or impractical view of an ideal. An ideal that Holy Ghosts would ultimately shape.

Holy Ghosts would shape this ideal because Ghosts would want to be Holy and, in turn, adopt their standards. Same with the Son. The Son would like to be a Father and thus adopt their ideals. The idea is that you can't just buy a drink or Netflix subscription; you have to talk. You have to build each other up. You have to pour into each other to max out each other's confidence. This is how you stay in Heaven. The way to the spirit realm is to become a Holy Ghost, a Father, or a Son; romance is the only way to do that. Romance is an unrealistic or impractical idea that love can take you there. To fix relationships and fix earth, we must reintroduce a couple of old concepts - romance and love.





MAKE IT MAKE SENSE

You have been listening for quite some time. What you received is a solution to fix your relationship conundrums. I'm about to go but before I leave I have to let you know the key take away. If you don't remember anything remember that as a Ghost you have the power to light paths and that is your job. You become Holy when you get married. This is the point when your bucket is maximized and your focus can be on lighting up the path. This in no way, shape, or form means discounting your path. You are the light. You have the ability to light the path of all those you're responsible for; being yourself, your children and your husband.

If Adam and Eve would have waited to be married, we wouldn't have sin.

You didn't catch that huh?





MAKE IT MAKE SENSE

There are two levels to being a Ghost:

Level 1 – Ghost

Your energy may be able to be focused provided your mother and your father are married and upholding their responsibilities.

More often than not, in today's society, you will have single parents, which means that your energy is not focused because your mother is seeking the attention of men or just can't focus her energy. If she can't focus her energy, you will follow her path because that's where you have confidence. Following her is safe-familiar. Without the mother, you can't see your path.

Meanwhile, if your dad is around, he is teaching you that it doesn't matter because everything will be ok. Suppose he is around. He teaches you how to maneuver through a world living with Zombies.

Once a Son finds you, he will expand and fill your bucket with love energy; you will have the confidence you seek. As a result, your path becomes apparent, and so does his. Along your path, if you engage in intercourse without marriage, then you bypass your path. Intercourse without marriage will give you a glimpse of what Heaven is like and cause a feedback loop like a drug. Sexual energy operates much like a drug. You will be seeking more and more intercourse because you crave the good feeling and love received while in Heaven. If you don't get married, you will still search for your path. Men can't get to the spirit realm without you. If you get married, you take a different route to Heaven.





MAKE IT MAKE SENSE

Level 2 – Holy Ghost

Once you become married you become Holy. You can travel freely from the physical plane to the spiritual plane this is how you can see. This status makes marriage the Gold Standard of relationships. At this point, your bucket is maxed out. No bricks, but there may be pebbles.

You can focus your energy toward greatness for you and help your husband finally see how he can get there too. No one can define greatness for you; it's about what you want to achieve.

With a maxed out bucket, it becomes readily achievable. Please don't get me mistaken. Some men hack the system to get to the spirit realm and take advantage of the Holy Ghosts' energy. These men, however, will always fall because they can no longer see the path when they get out in front of the Holy Ghost.

Holy Ghost is the highest level of ascension for Ghosts.

What about the other side of the coin?





MAKE IT MAKE SENSE

The Holy Ghost is married to the Son. The Son expands her bucket and fills it to the max with love then sexual energy. The Holy Ghost shows you just how powerful she can be by producing a child. The Trinity is now complete. The Ghost becomes Holy as soon as she becomes married. However, you can't ascend to being a Father until she produces a child. There are levels to being a male.

Level 1 – Man

A man being born is the result of a male with no father. There is a dad, but that dad is not a father. We get these mixed up all the time. You have to be married to be a Father, just like a Ghost has to be married to become Holy. Sexual Intercourse resulted in you being born and your mother being Plucked from Heaven. With that being said, you will spend much time seeking the approval of men. Instead, you should seek the approval of a Father.

If there is currently no Father's in your life, then it's essential that you live your life right. You will gain confidence along the way. Finding a Church home is an excellent place to start.

Alternatively, you will have a Father when you marry your Ghost. If neither of you have a Father, you will choose one upon deciding to marry. Once you find a Father, her Father, your Pastor, or simply the one marrying you will be in your life, this will be your way to ascend to Son even if it's for just a short while.





MAKE IT MAKE SENSE

The Son is a child born either to a Holy Ghost and Father forming the Trinity or along his path found a Father to take him under his wing or found a Church home. I maintain that a Church can only be led by a Father or a Holy Ghost to ensure the spirit realm is genuinely a part of the process.

You will find that because you see the benefits of a Holy Ghost and a Father, you will naturally follow that path. Your mother will shed light on your dreams, and your father will be able to ensure the road is clear of Zombies to the best of his abilities.

That path is familiar-safe hence your confidence.

It is rare, but it does happen when the Son does not desire a wife but follows the standard protocol. This can be difficult as the Ghost naturally wants to ascend. She is still a Ghost; therefore, he receives all the benefits of her focused energy. She may not be able to see her path clearly, but she will light the path for the Son. The most crucial part is loyalty and love energy. Being a man is good. Being a Son is better. Being a Father is best.

Level 2 – Father

To ascend to the highest level a male can achieve, a Ghost must guide him to the spirit realm. She will become Holy and then show her strength by creating a child. At the point when a child is born, you become a Father. That is a huge deal. Your nozzle is maxed out, and your Holy Ghost lights the way. Goals you didn't realize you wanted to achieve will now come to fruition. All in all, find love and do your job if given the opportunity.





NO ONE LEFT BEHIND

There are a couple of groups that I did not address to this point. Ghosts have buckets and they are made of 80% regular or love energy and 20% sexual energy. With the energetic makeup of the bucket, the focus isn't on sexual energy. The bucket is regular or premium energy focused. This means that Lesbian relationships can last and last.

Sons or men have nozzles and they are made of 20% regular or love energy and 80% sexual energy. With the energetic makeup of the nozzle, the focus isn't on regular or premium energy. The nozzle is sexual energy focused. This will make gay relationships difficult but not impossible.





THE USUAL SUSPECTS

There was this movie called "The Usual Suspects". This movie was peculiar and ahead of its time. What made the movie interesting is the idea of synchronicity. The character telling the story seemingly suffered from cerebral palsy and somehow escaped an explosion on a boat that killed a couple of dozen people after a heist. He told the story using flashbacks of events. The characters and depth of the story he told were only revealed after the interrogator took a step back and realized that he had made the entire story up on the spot utilizing details that he found in the room where he was being interrogated. This brings an interesting plot twist as he walks away, shaking off the cerebral palsy to walk normal, giving the audience the idea that he was the criminal mastermind he spoke of.

I have often been quoted saying, "I don't talk to you; I talk to your subconscious." What I was telling people is that right now, you're all saying what the fuck (WTF). I don't get it. I keep hearing you tell these crazy stories. Tomorrow, you would have woken up and gone about your typical day. Because your subconscious was still trying to make sense of everything I was saying, you will understand right as you're about to experience what I was explaining. Because all of you stopped to listen and continued to listen to me, I will re-tell the story and your roles as a character.





THE USUAL SUSPECTS

In the beginning I told you to always think deeper, never be a surface thinker. I started telling you about the Holy Ghost and how the Holy Trinity was formed. I told you that in order for you to understand relationships you have to understand how powerful you are. You being the Woman. I told you about how he needs you to go through the portal and remain in the spirit realm, Heaven. I was talking directly to you, as a young couple and at the same time addressing all the women in the room.

When you sir walked in not only did you come in the door before her, she held the door for you while you were arguing with her.

Yes, I was paying attention.

If you knew that it was unsafe for you to come through a portal before her, would you have? Tomorrow you will see her, seemingly for the first time, differently and address her accordingly. You're welcome. You're on your way as a young couple to ascending to the level of the Holy Trinity.





THE USUAL SUSPECTS

As I was sitting here I watched you on your phone and I watched her on her laptop. What is your name sir? Maurice. Pretty lady with the cool laptop what is your name? Maura. Wait, you mean to tell me that your name is Maurice, and your name is Maura? Do you know the importance of your names? Never mind that. You already have your names in common.

Fella, do me a huge favor and sit beside her and say Hi. Thank you.

When I saw the two of you, I thought y'all looked like ads in a magazine or my social media feed. I walked to grab another drink or two, and Maurice, you were scrolling through your phone, swiping left on a dating app. Maura, you were reading memes about fucked up relationships, and to make matters worse, you were laughing at your pain. The two of you became characters in the story when I told you about how you two trendy kids got dressed this morning.

To one up that story, I noticed that even though you were paying attention to me, you never saw each other, so I told you about the Guerilla Pimp and the Smooth Operator.

Maura, I told you about your surroundings and why you overlooked Maurice. Maurice, I was telling you why Maura didn't notice you, and you still didn't say hi. Maurice, you didn't want to be rude; I get it. *wink*





THE USUAL SUSPECTS

As for the two of you next to me complaining to each other about your individual relationships, I told a story about friends. I told you that friendships without sexual energy are platonic, and that's how you expand buckets and nozzles. That provided the gateway for me to tell the two of you that opposite-sex friendships don't exist. At least not in the aspect that they remain that way forever; it boils down to someone not keeping it real.

I told you a tale about the guy relegated to the bestie role because he didn't have the confidence to tell her how he felt. I mentioned that the two of you were perfect for each other. And the fact that he was setting you up with relationships designed to fail for you to see the value in him was a term of endearment.

If you're complaining about your relationship with someone else, that leaves room for that someone to fill your bucket or his nozzle. I was interested in resolving your situation because either the two of you were about to commit relationship suicide, or maybe you'll don't realize that when you're complaining about your relationship, you're training each other to be perfect for you.

When the two of you part ways at the end of the day, you will go home and attempt perfection. However, you will be someone else's perfect.

Then you will come back tomorrow complaining about how the relationship is going left. The person you're telling the story to will appreciate your actions because they taught you that yesterday. They didn't realize that they were teaching.





THE USUAL SUSPECTS

Finally, I addressed everyone in the room when I talk about the ascension of relationships. The romantic piece has become obsolete as is the idea of courting. So that leaves you with dating and intercourse.

Intercourse bypasses the path.

When I told you about the energetic makeup of the bucket and nozzle was to help you understand why you argue, fuss, and fight and how to resolve it. I was foretelling the future because there will always be disagreements, it's how you get a better understanding of things. If you understood what I was saying then you would have understood that there is no need to fight but a need to understand the root cause of the problem.

Because, my Sons, your job is to ensure the confidence of not only your child but your wife by removing pebbles from her bucket before they become rocks or even bricks. Being a Father demands, requires, and implies.

Being a Father demands that you remain loyal to your wife and children. That means being there to the best of your ability to provide energy and stability. You can not build on top of anything without a strong foundation.

Being a Father requires you to know your responsibilities and be willing to always perform your job. Whether you realize it or not this will free up more time to do what you want to do. Performing your job can't be procrastinated.

Being a Father implies that as God has given his blessing for you to dwell in the spirit realm, you are not only the Father of your child but the men that fall under your guidance if they shall express a desire to be guided. Instill confidence in everyone.





THE USUAL SUSPECTS

Take your time young people. Time is mental cash. Having an abundance of mental cash is what makes you Alpha, not your utilization of physical cash by paying to reduce your efforts.

At the end of the day, if you don't have the cash to keep filling that expanded bucket, she will have to make up the difference. The same goes for filling the nozzle.

Mental cash is also confidence. Remember where you came from. That is crucial. If anything that gives you confidence gets taken away, it will cause you to spiral into depression or at least place a brick in your bucket or nozzle.

No matter what, realize that confidence comes from within. It's how you feel about any thought.

Time gives you the ability to see anyone energetically. Their true confidence will show you whether or not they should be taken to the spirit realm.

You all need to keep in the forefront of your mind the understanding of the bucket and nozzle, as it will help you deal with all relationships, romantic or otherwise.

I don't believe in a coincidence that you attracted each other here, which compelled me to help you see and understand each other.





THE USUAL SUSPECTS

Each of you now have a story to tell. Years from now you will tell of this chance meeting to your children as you ascend to the level of Holy Trinity.

Remember this moment. This is when you realize that all stories you hear are meant for you to hear. As you understand them, all the signs and symbols were meant for you to understand.

As the scripture says: In the beginning was the symbol, and the symbol was with God, and the symbol was God. The same was in the beginning with God. All things were made by him, and without him was not anything made that was made. In him was life, and the life was the light of men. And the light shineth in darkness; and the darkness comprehended it not.

To fix relationships and fix the earth, we have to reintroduce a few antiquated concepts – romance and love. All in all, it's about love and happiness.

Love your significant other. Love all things produced as fruits of your labor. Love the ground to which you walk. Love the air that you breathe. Love the beauty that is designed in all things.

Every single thing is perfect; just like you, there is no exact duplicate, which makes all things perfect.

Understanding the bucket and the nozzle, physical cash, and mental cash, is how I married your mother.

You heard so many bad things about marriage; let's meet again and I'll tell you how I stay married to her.





fin.

PLUCKED FROM HEAVEN

The World's first Swagger Coxch has discovered what has yet to be endeavored to do. He has delivered on a promise to understand the millennial buzzword, energy. He applies this concept to truly and finally understanding relationships, fashion, and overall charisma, SWAG.

If you have ever had to put your relationship status as "complicated" or "single," or you want to have the courage to go over to her and say Hi. You might even want to understand precisely how the new kid garners so much attention. Angelo Banks (Swagger Coxch) gives you everything you need to know and more.

In this book, he goes step-by-step to build you up brick-by-brick. It's a simple-to-follow life guide for relationship success, whether romantic or otherwise. It's a guide to understanding personal charisma in a way you will always remember, and you can see his real-world examples as though you were there. It doesn't help that he even included pictures depicting his exact meaning. Geesh, he thought of everything. That's why he's the World's Swagger Coxch.

Angelo Banks is not just a name but a dynamic force driven by faith and love. A devoted husband, nurturing father, transformative coach - or 'Coxch,' innovative entrepreneur, inspired author, and impassioned philanthropist. Angelo's mission? To illuminate the inner beauty of each individual, he encounters. Embracing his brand of enlightened selfishness, he passionately pursues a world of sunshine and rainbows, not just for himself but for every life he touches. Because, in Angelo's world, his joy is intrinsically linked to yours, a promise he dedicates himself to daily.

